



Welcome to WIC

A Special Supplemental
Nutrition Program for
Women, Infants
and Children

What is WIC?

The purpose of WIC is to improve health by:

- Providing you and your children with some of the food the body needs to be healthy;
- Helping you learn about good nutrition;
- Helping you get quality health care services;
- Providing breastfeeding support and information to new mothers.



WIC Helps

Women: Who are pregnant or have recently been pregnant, breastfeeding, or have a new baby;

Infants: Newborn to age 1;

Children: Age 1 to age 5.

WIC Supplemental Foods

Each woman, infant or child participating in WIC receives supplemental foods based on their particular nutritional needs.

**The building blocks of good health
begin with good nutrition.**

Stack the building blocks of good nutrition in your favor.



call 1-800-922-4406

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Examples of Supplemental Foods

- Iron-fortified infant formula and cereal

- Milk and cheese for protein, calcium and vitamin D

- Women who are totally breastfeeding receive tuna for protein, carrots for vitamin A and extra milk for calcium

- Eggs, peanut butter or dried beans and peas for iron and protein

- Juice for vitamin C

- Cereal for iron



Ask for a complete list of WIC approved foods when you receive vouchers.

How to Use WIC Vouchers

- **Sign the WIC ID card.** The names you listed on your application form are the only persons who can pick up your food. Each person must sign the ID card. Always take your ID card to the grocery store when you use your vouchers.
- **Check the dates.** Don't use the voucher before the first date or after the last date.
- **Separate WIC foods from other groceries.**
- **Select only the foods listed on the voucher.** WIC Vouchers cannot be used to buy other foods.
- **Buy the correct size and amount of foods listed on the voucher.** If you do not want an item, you may leave it off. If you feel that the food on your voucher is more than you can use, tell someone at the clinic.
- When you check-out, the cashier will fill in the cost of the food and fill in the date.
- **Sign your name at the check-out counter after the cashier fills in the amount and date.**

If you have a problem with your food,
you must talk with someone at the WIC clinic.
The store cannot make any changes on your vouchers.

If you have problems or questions about
using WIC vouchers at a grocery store

call 1-800-922-4406

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- ❶ This is the first day you can use the voucher.
- ❷ This is the date that you used the voucher. The cashier fills this in when you check out.
- ❸ This is the last day you can use this voucher.
- ❹ This is the actual price of the food you bought with this voucher. The cashier fills this in when you check out.
- ❺ Your ID number will be here.
- ❻ Your name will be here.
- ❼ This is the amount of food you can buy with this voucher. You cannot go over this amount.
- ❽ These are the kinds of foods you can buy with this voucher. You can only buy these foods with this voucher.
- ❾ Sign your name here while the cashier is watching.

You will get WIC vouchers every one to three months.

When you go to the clinic for an appointment (voucher pick-up, clinic or class) be sure to bring your ID card. Before you leave the WIC office, make sure your vouchers are stamped.

Each voucher is good for only one month and will not be accepted by the store if it has expired.

The voucher is good only for the cost of the WIC food on your voucher. You will not get any change back. **Do not accept a rain check for food that is not in stock.**

Do not sign the voucher before you go to the store.

SHOP WISELY!

USE COUPONS TO REDUCE THE COST OF WIC FOOD ITEMS.

Guide to Farmers' Market Coupon

The purpose of this program is to provide fresh, nutritious, unprepared foods (such as fruits and vegetables) from local farmers' markets to WIC participants. This program is offered in select counties throughout the state during the months of May through September. Participants are eligible to receive \$20.00 in coupons to buy South Carolina grown fresh fruits and vegetables from authorized farmers. Contact your local WIC office for more information.

	South Carolina WIC Farmers' Market Nutrition Program <small>use only at authorized SC FMNP Farmers' Markets for unprocessed fruits and vegetables</small>		<small>NUMBER</small> 1030751
	VOID		<small>Southern National Merch Co.</small>
1 Participant must use by <u>September 30, 2009</u> Farmer must deposit by <u>October 31, 2009</u>		2 \$4.00 <small>NO CHANGE ISSUED</small>	
Pay To Order of <u>South Carolina Authorized FMNP Farmer</u>			
3 <u>Elizabeth Haskins</u> <small>WIC Participant Signature</small>		<div style="border: 1px solid black; height: 60px; width: 100%;"></div> <small>Farmer Stamp Here</small>	
<small>Improper Use of this Draft Subject to Federal - State Prosecution</small>			
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- 1** This is the last day the coupon may be used by the participant.
- 2** This is the value of the coupon.
- 3** This is where the participant must sign the coupon.

We're WIC and we're here for you.

Bureau of Maternal and Child Health
Division of WIC Services
1751 Calhoun Street
Columbia, SC 29201
(803) 898-0743 or
Care Line 1-800-868-0404

Local WIC Office Address and Phone:

BAMBERG COUNTY HD	245-5176
BOWMAN WELLNESS CTR.	829-3393
CALHOUN COUNTY HD	874-2037
DENMARK HEALTH CTR	793-3285
ELLOREE HEALTH CTR.	897-2858
HOLLY HILL HEALTH CTR.	496-3324
NORTH HEALTH CTR.	247-2186
ORANGEBURG HD	536-9060

D H E C



South Carolina Department of Health
and Environmental Control

Division of WIC Services
ML-009154 MAC 9/02

WIC is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex or disability, write immediately to the Secretary of Agriculture, Washington, D.C. 20250